

# Questions Regarding Mental Health

## HOW IS YOUR MENTAL HEALTH?

That's quite a big question to try to answer, isn't it? Let's begin by breaking the big question into smaller ones. How do you feel about yourself? How do you act toward other people? What kind of a person are you? All of these questions are basic to your state of mental health. Go back and read them again. Think about them.

Now let's see how some of the mental health authorities might answer them. The mentally healthy person, they tell us, likes himself, believes in himself, accepts himself. But he maintains a realistic attitude toward himself. That is, he does not overestimate or underestimate his abilities and qualities.

So the mentally healthy person is a fairly self-

confident fellow. He's quite secure in his everyday relationships with other people. He isn't worried about meeting and talking and working with others. They don't get on his nerves, they aren't threatening to him.

He's a fairly self-reliant person. He's capable of doing things on his own. He's able to make his own decisions. He can cope with stress. He can solve most of his problems. In other words, the mentally healthy person is a fairly competent person as he goes about his everyday affairs.

The competent person has learned to work effectively, play rewardingly, and love deeply. Oh, he may have his ups and downs, but generally he gets a real satisfaction out of life.

He's able to consider the

interests and right of others. He can personally feel the hurts and injuries others suffer. He can be truly compassionate. He can help and cooperate with others.

The truly mentally healthy person is active, alive. He tends to be creative in that he uses his knowledge and talents to their fullest extent for the benefit of himself and others.

He has his own personal values and standards. Guided by these he conforms or does not conform to social influences as he sees best for himself and society.

Finally I believe the mentally healthy, competent person probably has a pretty good sense of humor. He can laugh. He can laugh at the right time and at the right thing—sometimes at himself. In other words, he's tolerant of himself and his fellowman. His emotions are under control. But he can become outraged, too—at injustice, the absence of democracy, at the continuance of massive social problems. He acts to change such conditions in a positive, constructive way.

Well, how is your mental health? It seems like I've been describing the ideal, unattainable man or woman, doesn't it? Just be assured—nobody is 100 per cent mentally healthy. Mental health is like Christianity, we have to keep working at it all the time. But first we have to know what to work towards. We can develop our measure of positive personality characteristics, we can improve our relationships with others, we can develop the essential competencies in human relationships.

In future columns, I'll go into more detail about the ideas I have shared with you today—ideas which I believe are basic to a rewarding life in a complex, ever-changing American society.

## Williford

FUNERAL HOME  
EDENTON, N. C.

Dear friends,

Either by wish of the deceased or the family, the rituals of a fraternal organization may be included in the funeral service.

The funeral director, through his knowledge and experience can graciously coordinate these fraternal tributes into the ceremony of respect for the deceased.

Respectfully,

*H. B. Williford Jr.*

# Make Church - Going A Habit . . .

## THE AUTHORITY OF JESUS

International Sunday School Lesson for March 16

Memory Selection: "Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth." Matthew 28:18.

Lesson Text: Mark 11-12.

The salient point to be made in today's lesson is that—when the authority of Jesus is accepted freely and unquestioningly as the ultimate in human existence, that authority permeates all of man's plans, purposes and practices. In short, it dominates his life.

As we see from our lesson today, Jesus' authority was often questioned; He was accused of being in alliance with the devil, and His powers were thus discounted by His enemies. Christ, however, was never silent on this subject. By His power over nature, sin and death He revealed His authority and His lordship. As Christ, Son of God, He was the chosen one. All the authority and power of the Father resided in the Son.

However, in the specific instance we are studying today, we must admit that there was a certain amount of justification in the questioning of the chief priests, the scribes and the elders who questioned the authority of Christ. They were the products of a world of authorities—the Scriptures, tradition, the laws of the Sanhedrin, and of the Roman government. It is not surprising, therefore, that they demanded Christ's credentials.

Here was a man who had entered Jerusalem in triumph; who had driven the traders and the moneylenders from the temple; who was walking in the shaded paths of that temple, and teaching groups of listeners as was the wont of rabbis and experts in the law. No wonder they were confounded.

BUT—are we, today, any better than the priests and the scribes of Christ's day and time? Do we not, on occasion, tend to ignore the authority of Christ in our lives? Or, worse still, deny it?

Yet who—studying the Scriptures—can deny that Christ was the authority on living? The Son of God—the son of man—He walked the earth revealing life in true beauty. He loved all mankind, even His enemies; He healed the sick; He died for the sinning. He brought to mankind the gift of life everlasting. Why, then, should people question or deny His authority? He was just and fair; He was for rendering unto Caesar that which was Caesar's (Mark 12, verse 17). And He also exhorted that the things that belonged to God should be God's. And that is mankind and all that it stands for.

We should be willing to give return for the gifts that have been given us. We should be willing to render service in true Christian fellowship to our fellow men. Only when men truly accept and put into practice Christ's acknowledged authority in their lives will peace reign in the world—and in men's

Continued on Page 4-B



## Sleep in Heavenly Peace

Peace is a baby sleeping. Peace is a walk in God's forests. Peace is gentle Love for one another.

Great word . . . Peace! We see it in the newspapers, on T.V., in magazines beside horror pictures of war and carnage. But, Peace is not something outside ourselves. It is within. It is the quiet calmness of mind and soul, unperturbed, undismayed.

But it is difficult to acquire this frame of mind, this elusive state of soul, this tranquil spirit.

To achieve it we need guidance and help, and therefore we turn to our Church. Here, one sets problems in order, sees difficulties in perspective and consults with one's Creator. Peace of heart is a two-way street—our way to God, and His way to us.

Copyright 1969 Keister Advertising Service, Inc., Strasburg, Va.

Matthew 5:38-42	Matthew 5:43-48	Exodus 21:1-11	Philemon	Exodus 21:12-27	Romans 12	Exodus 23:1-9
-----------------	-----------------	----------------	----------	-----------------	-----------	---------------

Scriptures selected by the American Bible Society

## These Religious Messages Are Published In The Herald Under The Sponsorship Of The Following Business Establishments:

**BELK - TYLER'S**  
EDENTON'S  
SHOPPING CENTER

**COLONIAL FUNERAL HOME**  
Hiway 32 North — Edenton, N. C.  
PHONE 482-4486

**EDENTON CONSTRUCTION COMPANY, INC.**  
GENERAL CONTRACTORS  
PHONE 482-3315 — N. BROAD ST.

**W. E. SMITH**  
GENERAL MERCHANDISE  
"Rocky Hock"  
PHONE 221-4031 — EDENTON

**GENE'S 5 & 10c STORE**  
SELF-SERVICE

**MITCHENER'S PHARMACY**  
Prescription Pharmacists  
PHONE 482-3711 — EDENTON

**M. G. BROWN CO., INC.**  
Lumber - Millwork - Building Material  
Reputation Built on Satisfied Customers  
PHONE 482-2135 — EDENTON

**EDENTON SAVINGS & LOAN ASSOCIATION**  
Where You Save DOES  
Make a Difference!  
EDENTON, N. C.

**EDENTON OFFICE SUPPLY**  
Everything For The Office  
Phone 482-2627 — 501 S. Broad St.

This Space Sponsored By a  
Friend of the Churches  
In Chowan County

**COLONIAL MOTOR CO., OF EDENTON**  
BUICK - OLDS - PONTIAC  
GMC TRUCKS

**ALBEMARLE MOTOR COMPANY**  
"Your Friendly FORD Dealer"  
W. HICKS STREET — EDENTON, N. C.

**EDENTON TRACTOR & EQUIPMENT COMPANY**  
YOUR FORD TRACTOR DEALER  
Agents For Evinrude Outboards  
U. S. 17 SOUTH — EDENTON, N. C.

**HUGHES-PARKER HARDWARE COMPANY**  
SHERWIN-WILLIAMS PAINTS  
PHONE 482-2315 — EDENTON

**LEARY BROS. STORAGE COMPANY**  
Buyers Of  
Peanuts, Soybeans and Country Produce  
Sellers Of  
Fertilizers and Seeds  
PHONES 482-2141 AND 482-2142

**BRIDGE-TURN ESSO SERVICENTER**  
"Your Friendly ESSO Dealer"  
ESSO PRODUCTS — ATLAS TIRES  
AND BATTERIES

**EDENTON RESTAURANT**  
"Good Food - Pleasant Surroundings"  
MRS. W. L. BOSWELL, Prop.  
Phone 482-2722

**HOBBS IMPLEMENT COMPANY, INC.**  
"YOUR JOHN DEERE DEALER"  
Your Farm Equipment  
Needs Are a Life  
Time Job With Us!

Western Gas &  
Fuel Oil Service  
313 S. BROAD STREET  
Ph. 482-3122 - Edenton



**BYRUM IMPLEMENT & TRUCK COMPANY, INC.**  
International Harvester Dealer  
PHONE 482-2151 — EDENTON, N. C.

**QUINN FURNITURE COMPANY**  
HOME OF FINE FURNITURE  
EDENTON, N. C.



EDENTON, N. C.



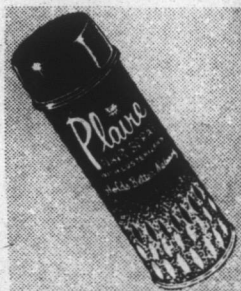
LARGE 3-OZ. SIZE

97c

Your Choice  
of  
Favorite  
Toilet Goods  
Items  
2 for \$1.00



8-oz. Size  
Regular 59c Value



14.5 oz. Size  
Regular \$1.89 Value



6-oz. Size  
Regular 75c Value



3.5-oz. Size  
Regular 50c Value



Large  
Size  
Regular  
57c Value